

Are you 14-18 years old, feeling depressed, and want to improve your well-being?

The goal of our UCSF **BrainChange** study is to use MRI imaging to observe brain changes in young people who undergo an **online mindfulness training**.

We are looking for 14-18 years-old adolescents who will get a chance to undergo either a free 12-week mindfulness training, in which they will learn self-regulation skills (breathing, yoga-based movements, meditation) or a free 12-week psychological education training that can help them better regulate emotions (with a random assignment to one of the groups). The groups will meet once-per-week for 1.5 hours online via Zoom.

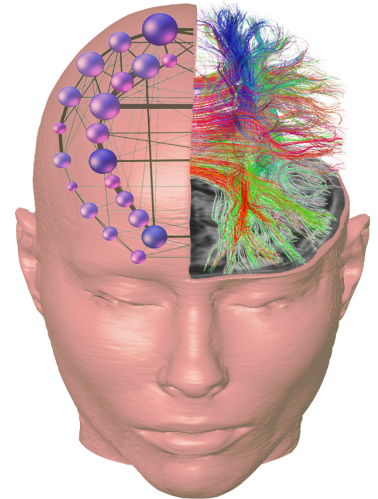
Participants will also undergo a 1-hour MRI scan before and after the training. MRI scans will take place at a state-of-the-art UCSF facility at Mission Bay. Participants will receive up to \$220 in gift cards for completion of the study.

Please discuss with your parents and contact us for more information:

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To view Inclusion and Exclusion Criteria, please contact us or visit our website:

radiology.ucsf.edu/research/labs/BrainChange
(or simply google **BrainChange + UCSF**)



Point your phone's camera here for our introductory survey!

